

Practice:

Monday and Wednesday at 6pm and Saturdays at 8:30am. Meet at Johnny's Dock at least 15minutes prior to post practice time. Practices are for 1 hour except the Saturday practice is 90 minutes.

Paddles and PFDs are always available. Dress in layers (you never know what the weather will be like), wear clothes that can get wet (It is a water sport) and a bottle of water (need to day hydrated).

Once the boat is loaded (the coach or boat captain will instruct the paddlers where to sit) the steersperson will:

- Have everyone in the boat **count off** (need the number of people in the boat)
 - **Check for balance** in the boat (right, left, forward & back)
 - **Check if there are bailers**, everyone is wearing a **PFD, properly fastened**, (any **new paddler** and anyone that **cannot swim or has an injury**)
 - If new paddlers give the **safety talk** (know your bench mate, if the boat flips over stay with the boat and find your bench mate. (Stay on the side of the boat closes to shore.) The steers and drummer and/or Coach will flip the boat upright and start loading paddlers in the boat and to start bailing. The Steers commands override the coaches when moving on the water).
- Check the boat balance again after you have run a few lengths of your practice area. Adjust the paddlers so that their weight is even right and left and that the boat tracks relatively straight without a lot of steering correction. You also want the boat to be neutral, slightly stern heavy, not bow heavy. Adjust your crew accordingly.
 - **Voice commands:**
 - **Paddles Up (Paddlers set)**– paddlers prepare/attention – paddles fully buried.
 - **Paddlers Attention** – paddlers to listen and prepare to respond
 - **Go** – start paddling, following the strokes' lead.
 - **Prepare to Shove off** – each paddler needs to ensure that the boat fenders are pulled inside the boat and the tie lines to the dock are freed
 - **Shove off** – paddlers on the dock side of the boat simultaneously push the boat away from the dock
 - **Let it Ride** – stop paddling, let the boat glide to slow down or stop on its own.
 - **Stop The Boat** – paddlers immediately drop their paddles into the water and exert force to stop the boat. Paddlers hold til you call “release”.
 - **Back paddle** – slowly paddle in reverse to back the boat up.
 - **Hold the Boat** – paddles in the water perpendicular to the boat to hold the boat in place. Paddlers will hold til you call “release”
 - **Hold for Drift** – paddles submerged parallel to the boat in the water with the blade counteracting the drift of the boat. Paddlers will hold til you call “release”
 - **Side Draw Left (or Right)** – paddle perpendicular to pull the boat sideways. Opposite side leans out.
 - **Brace the Boat (paddles on the water)** – paddles (blade) (flat) just below the water's surface. Paddlers will hold til you call “release”
 - **Focus in the Boat** – everyone ready for the start.

Remember it is a water sport – you may get a little wet